On A Cloud

拍数: 32

级数: Low Intermediate

编舞者: Jen Newton (USA) - January 2016

音乐: On a Cloud (feat. Karma Stewart) - PPP : (Album: City Lounge, Vol 7)

Begin dancing 32 counts after heavy beat starts, on vocals

Kick-ball-change x2, Walk, Walk, Sweep

- 1&2 Kick R forward (1), step down on ball of R (&), step on L (2)
- 3&4 Kick R forward (1), step down on ball of R (&), step on L (2)
- 5,6 Walk forward R (4), L (5)
- 7,8 Sweep R around, turning ¹/₂ to right (7), bring R next to left, weight on R (8) (6:00)

Point, Step, Point, Hold, Point switches x2

- 1, 2 Point L to side (1), step L next to R (2)
- 3, 4 Point R to side (3), hold (4)
- &5.6 Step R next to left (&), point L to side (5), hold (6)
- &7 Step L next to right (&), point R to side (7)
- &8 Step R next to left (&), point L to side (8) (6:00)

Step, Point, Hook, Walk, Walk, Rock-Recover, Triple 1/2 turn R

- Step L next to right (&), touch R heel forward (1), hook R over left shin (2) &1, 2
- 3, 4 Walk forward R (3), L (4)
- 5,6 Rock forward on R (5), recover back on L (6)
- 7&8 Triple ¹/₂ right, stepping R (7), L (&), R (8) (12:00)

styling note: several times in the song, she sings "so take a bow" and this falls on the rock-recover, so as you rock forward, you can bow, then recover back

Step, ½ Pivot Turn, Step, Hold, Right Sailor, Left ¼ Turning Sailor

- 1, 2 Step forward L (1), turn 1/2 R, weight to R (2) (6:00)
- 3, 4 Step L slightly forward and to the side (3), hold (4)
- 5&6 Cross R behind L (5), step L to L (&), step R to R (6)
- 7&8 Cross L behind R (7), turn 1/4 L, stepping R to R (&), step L to L (8) (3:00)

Music is up-tempo and fun, so add some styling where you think it may fit! Jazz it up!

Begin again!

Contact: headofthelineproductions@gmail.com

Last Update – 15th Jan. 2016





墙数:4